

INDOOR BOOTCAMP

Equipment: Members must wear appropriate gym shoes, timer/stopwatch

Location: Indoors: Gym floor

What is boot camp: A style of training that will increase agility activity and work muscles from a variety of joint angles improving overall mobility.

1. The Physical Training Leader (PTL) should lead the group as one unit or for very large groups 2 or more fitness leaders may break unit into groups.
2. The Physical Training Leader will conduct warm up exercises with entire group.
3. Members will perform exercises at own pace (unless time indicated).
 - a. Run /jog/walk backwards across/back gym floor
 - b. Side shuffles across/back gym floor
 - c. Crunches for 1 minute
 - d. Sprints across/back gym floor
 - e. Push-ups for 1 minute (full body -change to modified if necessary)
 - f. Ski jumps (side to side movements) across/back gym floor
 - g. Standing elbow to knee for 1 minute alternating elbow and knee.

(All members will continue with series until desired time duration has been completed.)

4. Physical Training Leader will lead group in cool-down exercises and stretches.